The Intersection Of Conventional, Botanical & Bioenergetic Lyme Treatments Transcript

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Introduction and Guest Welcome

Everyone. Dr. Tom Walkup up here. We are back with another episode of The Healing from Lyme Disease Summit. And today, as you can tell from my amazing studio behind me, I'm on the road.

But it is such an honor to take time out of all this travel we all do as doctors and people who like to get out and see the world, to chat with the near dear friend Dr.

Christine Schaffner. And she actually, I think I mentioned, is once in a blue moon to you, Christine, that you were one of the first people I met when I really, really started to dove deep into Lyme disease.

And it's been great to see both of us over the years. So rather than spending a lot of time telling you about all the amazing things, Dr. Christine has done, because anyone who's been looking at the field of Lyme and recovery from chronic illness knows that she's one of the people on the forefront of not only the diagnosis and treatment from sort of this conventional, combining it with integrative medicine approaches, but really looking at the whole body, the whole human system and how we interact with our environments that the energies around us and really reconnecting with who we are and at our deepest core to unleash, you know, optimal healing.

And that's what I'm all about. So, Dr. Christine, thank you so much for showing up. Thank you so much for the warm intro and the feeling this mutual. And I'm excited to be here with you. Yeah.

So this is really a treat for me because we're going to be talking about innovations in Lyme disease and really like, you know, one of the things that I think is so interesting is to find out why people like you and I actually have gotten into this and dedicated our lives to this healing.

And then we can really dove into what Lyme is and your methodology for addressing it. Yeah, absolutely. It's such a great question. And I think that the answer has evolved, you know, over the years for sure.

But, you know, I am an optimist like you. And I remember going to naturopathic school again. I, I was on my journey to find that telepathic medicine I grew up in very conventionally trained parents.

I grew up on the East Coast where everyone's really stodgy and really academic. And, you know, it was a really big leap for me to become a naturopathy youth.

And so when I took that leap, I really my eyes opened up to this whole other world. And I remember one of the most impactful talks that I had when I was new to naturopathy in medical school was with Dr.

Christine's Path Into Root-Cause Medicine

Louisa Williams. And at that time she had this big book called Radical Medicine, and I remember just, you know, looking at her and hearing her talk and she would say, you know, what is the first thing that you do when you look at a, you know, treat a patient and she's like, you look in their mouth.

And then she was talking about neuro therapy and scars and interference fields. And I was like, I know what that woman is doing, but I want to know exactly what she's doing.

And I want to practice that medicine. So I would cart that book around. It was like a, you know, 2000 page book before Kindle. You know, I would just be like, you know, osmosis card, that book around and just know that I really wanted to, you know, practice what I believe is like truly getting at the root cause.

And, you know, I didn't want to just be a grim our path doctor where that you know, I mean there is a role for that at

some time, but I didn't want to just tinker around with vitamins and just feel like my job was done.

I really wanted to get to those root causes. And with that intention, I had a series of mentors and opportunities that really opened me up to, you know, looking at, you know, this underlying cause, this elephant in the room of Lyme disease.

And, you know, it's something that I set. I would say I didn't seek out that I was going to become a Lyme doctor. But when you have that intention and you have that purpose with treating patients, you can't ignore, you know, the terrain of the modern day patient and how, you know, Lyme has been in the background for decades now and probably in the last 20 years it got the attention that it deserved really in probably the last five.

And I'm hopeful, even with this, you know, epidemic of long haulers, that we're going to have more of a language to understand. You know, Lyme disease.

And we can recognize, you know, all these patients who haven't been validated for, you know, decades of their life. You know, I'm hoping that these modern times we have a language now for a post-infection syndrome.

So, you know, long story short, you know, Tom, it really you know, I think this work like has always been part of my karmic path. And, you know, I really have dedicated my life.

And once you start treating patients as you say, you know, they may be as you see, they find you. Right. And then you just are, you know, super curious.

Right. How do you get these patients better? And they teach you so much if you listen to them. And that's really been my path. And then I went through a personal healing, you know, transformation in the last year.

And that really deepened my knowledge and my own experience. It's like one thing to teach and share, but then when you're on, you know the other end and you're really going through it, you know, you're you are, you know, put to the test, right?

It's a really amazing spiritual test in a lot of ways. And I deepen my knowledge and understanding in the field and bio energetics and group healing. And I'm really wanted to incorporate that more and more into my work.

Which is so good. So just thinking as you're talking for, yeah, I went through my own healing thing, but then I kind of was better and I wasn't doing Lyme.

I was sitting in the office being a hands on osteopath, you know, kind of like the real traditional approach to it. And I remember like it wasn't like I ran away from it, but it just wasn't on my plate.

And it was like you said, it's like this karmic thing that's part of our path and put my hands on someone. And I was like, You have Lyme disease, you're infected.

And I didn't know anybody to send them to. So I was like, I got to help them. So and then here it is, 15 years later, it's like, Oh. You're at ground zero, right where you are, you know, the Northeast.

You know that like you're you know, when you do that really true healing work, right? It's, you know, you can't turn the other eye, right? You can. You know, and I think it's so interesting.

And so when we're looking at that, like, I just think about all the stuff we were taught in school and then all this stuff that we get in like radical healing, all these other like when we get our hands really wet with what you know, dirty with like the real things out there.

So if you think about Lyme disease, like for I mean, we've defined it so many different ways and everybody does. But like, you know, I feel like we're the next generation of the oh geez.

You know, like we've been doing this for a long time, but we really got when I think of you as like the core is so, you know, you've gotten down to that core of what Lyme is.

So what is Lyme? How does it affect us? And then maybe if you want to tell us a little bit, because I know the one thing that's so cool values, you've got your unique methodology that really systematically walks through people through the healing process.

And I love to learn more about that. Oh, things.

What Lyme Disease Is and Why Terrain Matters

So, you know, we definitely need to focus and have an understanding of these infections because they do have a very unique signature in the human physical body and how they really do affect people in a truly physical level.

But at the core of how I practice, I'm an acrobatic doctor and I studied bio regulatory medicine and, you know, also quantum physics and all the things.

And at the root of it, I'm a train person. And what that means is that we have a way, more empowering way to look at our physical, emotional, mental and spiritual bodies than I think that we were taught.

You know, we don't get that, you know, handbook in life about how we're really wired to heal. And so what bio regulatory medicine, you know, teaches us in natural public medicine and the osteopathic medicine that you've been trained in is that the body has this innate intelligence, right?

And when the body is in, is it a disease, there's something blocking that flow of energy, that innate capacity to truly transform and heal and regenerate and repair the body.

And so when we look at our whole, you know, terrain, that's our immune system, our nutritional status, our epigenetics, our toxicity and our way that we really interact with the environment.

So we in this right, we can be like family members. It happens all the time. A family will come in, you know, who their loved one has Lyme and someone is deathly ill and another person is quite healthy given the same, you know, conditions in a lot of ways.

And it's like, why is that a why is that person not as resilient, not responding and not adapting? And so when we have to break that down, there are unique things that make us who we are.

And so it's one thing to face it and then that's another way to, like, empower us, right? To change it and to really, you know, heal. Because my journey with Lyme, you know, time has really taught me that we can't just go after every skyrocket and every protozoa and every retrovirus and every virus and every parasite and think that, okay, we're on this linear journey to get all of these bugs, you know, killed in the body and then that person's heal.

And, you know, while that's valiant and there is a place, of course, for decreasing microbial burden and using those types of strategies, if we think that black and white, we miss the whole picture, you know, in my boat.

So my, my thought is like, okay, I'm pretty biased. I'm like, okay. Most people have had some encounter with Lyme and co-infections and I'm sure you go through like what that actually means.

So this, you know, inspire a kid Borrelia burgdorferi that there's many species that have been identified though, you know, Lyme travels with Buddy is called co-infections that often get co transmitted and these vector borne kind of exposures.

And again it's not just vector borne, it's maternal fetal transfer, it's sexual transmission. There is a lot about airborne transmission. We don't know.

There's this, you know, idea that this is highly part of the modern data. Right. And so the co-infections that I see that are the most problematic are often the BSA and Bartonella.

And of course, you know, what they invite in are parasitic infections, virus and retroviral infections. And then if people have a more exposure, that's just like a big party, and then you go and throw COVID in the mix and we've learned how to deal with that too, you know?

So we're never going to be bored, right? And so this idea, again, that we're just, you know, these germ theory people where you have Borrelia, you get an antibiotic and, you know, your life is back, is not the reality.

And I operate in it. So my my understanding is like, how do we look at the modern terrain, which I've actually started to call the quantum terrain? And how do we understand that unique picture of each individual and what makes them more vulnerable to be highly symptomatic with these learning co-infections?

And how do we unwind the body and treat things as you know, the layers that we need to? And I can, of course, go through all of that. But I just wanted to lay that foundation that, you know, I'm again thinking many of us are exposed, but not everyone's sick.

You know, how do we fortify then become as resilient as humans? So this really any time to be on the planet, you know. I think it's brilliant because one of the things we noticed with all of the different things that are going on these days is that one of the hard parts of defining chronic Lyme disease is that people present individually and then their unique expression of their environment, their terrain, their their genetics, their epigenome, all of these other things that infect them.

And the germ theory people, like you said, are the people who just want it to be like one bug, one symptom, one drug, one got better. And it's like it's not the reality.

So I think you're highlighting that as gives so much hope to everyone listening because it's like, yes, I am allowed to present like the individual that I feel like I am and my symptoms and my treatments are not exactly like everyone else.

One of the goals that I have, Christine, is like the people who watch this understand that you don't you don't you can stop comparing yourself to other people and experience your and healing journey and maybe share with your healing journey, learn from others.

But go to people like you and I who understand that the beauty of all this that keeps us interested in digging deeper is that we're getting to the humanity of medicine, not just putting you on a conveyor belt where everybody needs, you know, three or six weeks of doxy.

Yeah. Yeah, absolutely. And, you know, I think that our field, you know, more and more people are starting to think like us.

The ECO Method Framework

You know, I think we still have a long way to go to, you know, shift the paradigm. But we're in the middle of it, right? We're in the middle of a paradigm shift, which is also really exciting.

Right. And, you know, when you recover a patient with this mindset, you know, they become evangelists, you know, really for kind of sharing and supporting their loved ones in their community about how to really rethink the human experience and our human health during these times.

Yeah, and I think like you said, too, we learn so much from things like Lyme and co-infections and patterns and pandas that we can apply to sort of this recent pandemic that we actually know more about it than a lot of people because this is what we're creating all the time.

Yeah, it's just such a gift, you know. People. Yeah, I tell people and people are like, Oh my gosh, are you overwhelmed with all this long-covid thing? And, you know, I'm like, it sucks.

But, you know, we were probably well positioned. You know, we have all these tools and, you know, we're not afraid to like, look at this from a multi systemic, multifactorial approach.

And, you know, you know, we look at all the buckets that we usually look at and, you know, people get better, you know, and again, it's forcing us to innovate our tools and be on the cutting edge to get people better.

But you know that that's practicing medicine, right? That is the art. You know, what's really interesting is you just said like there's I want to see like a lot of our patients, I think are feel fear.

They're afraid. Are they going to get their life back? Are their symptoms going to be better? Will they ever recover? And on and on and on, will they go bankrupt?

Treating this, you know, a lot, one of the things that people get frustrated about that I hear a lot about is that there's not there's not a doctor around me who actually is willing to do this.

And I think that you highlight, like a lot of doctors are afraid because they're not used to not knowing what to do. And so you and I both treat trained practitioners and patients as well.

So you've come up with this eco methodology, right? And I would love for you to share about it because I'm a big believer in structure. Like, it's so funny.

I mean, know me, I'm like all over the place and like critical care. I love emergencies. Back in the day, I kind of got away from it because I wanted to have a more normal life.

So to treat Lyme disease. I get I get you. Right. And so but part of that was what I realized was I love having a strong foundation of a frame work that taught me kind of the the tools that I could choose from.

And then because I had that with a good diagnosis, then I could be the artist that I love being. And it's with that framework, which is why I really wanted to dove into this methodology of created.

Yeah, yeah, absolutely. And you know, I created this just to give exactly that a narrative, a framework for patients to really still have an approach, you know, their case so differently. And, you know, it's not a linear framework, but it's kind of this idea like we need to look at all of these categories to really recover somebody who's suffering with a chronic illness and persistent Lyme and co-infections.

So the first kind of bucket is looking at our environment and terrain. And I already kind of mentioned this idea around terrain theory and you know, I'm also kind of shared a little bit that I now open that up in my understanding to the quantum terrain.

So it's not just your physical body and our emotional body, but it's our energetic body and also our connection for that energy body or the our bio field to what we call the unified field or the ether, and how we can really connect to that to garner and facilitate healing energy.

And, you know, that's a whole other conversation, but just kind of play in a seed there, like how complex and how interconnected we are. So it's kind of this idea of like, how do I okay, look at the body and that individual from all those layers and how do we identify it, especially a lot of environmental factors.

You know, there's often this checklist that we go, what is part of their environmental history that has made their immune system vulnerable to being really symptomatic with these infections?

And so I believe that's a huge part of why if humans are physically sick right now, is because our bucket is overfull and we start from, you know, like we have all of these toxins from birth and, you know, the synergistic effect is, you

know, ever growing an ever unknown.

And really that has a huge impact on our immunity in our neurology and our gut and our, you know, electrical system and all of it. And so, you know, all the known offenders from heavy metals to microplastics to herbicides and pesticides to EMR and EMF and all of that, right?

Where I'm just this big soup that is really affecting our immune, the resilience and adaptability. So that's one bucket that we're really kind of identifying it like.

And then the second is energy system. So I mentioned this idea of the quantum terrain, but we, you know, we know that the as an electrical system, you know, we know that our meridian system is probably part of the fashion that our that our heart has the strongest electromagnetic field and, you know, the body and generates this electromagnetic field and that we have brainwaves.

We know that our cells emit light and sound and can our cells communicate. And I'm not only with lock and key kind of hormone interactions, but field interactions and, you know, that's a really wonderful way to look at the body because the more that we understand these principles, we can use light, sound frequency of vibration to incorporate into the healing, you know, kind of protocol.

And the cool thing about these methods, which I'm really passionate, is because I don't know about you, it's like it can take a patient a long time to get better.

You know, it's one thing to identify what's wrong with them, and then it's a whole other journey to treat them, right? Right. So when I look at the energy system and look at quantum physics and quantum biology, it gives me the insight of like, okay, we're here right now, but how do we accelerate this?

And how do we move faster in a in a in a sustainable way to get the patient better? And, you know, that's already about me, but I've, you know, been really into the work.

And Dr. Dispensed and he said this quote that it sticks with me that really kind of exemplifies what I'm saying, that to change matter with matter takes time, but when you change the field, you change matters.

So I think this kind of energy system support is really about how do we really understand the field, the fields of the body, and how do we understand where there is blockages and balances and how do we add coherent information for the the body to communicate better?

And that will have a trickle down biochemical effect. So that's a really fun category that we can totally dove more into. And then that. If I can for just a second, one of the things I love about quantum physics is it lets us know that every it's like everything that ever is to happen or did happen, the potential is already there.

And so the healing I'm talking about and that change can happen instantaneously when we're in alignment. So it just changed because I just I just did a lecture earlier today where I'm like I said, probably ten times line takes time.

It takes time to learn. It takes time and again. It takes time for the patient to get better, time for the practitioner to get better. And you just bypass all of that.

But a lot of energy fields. I yeah. It's so true. Yeah. Yeah, yeah. And I think, you know, like what you're saying is so true about the time.

Quantum Healing and Group Coherence

And I think, you know, you and I in our heart, if we can make it quicker, like let's do it. And I think the, you know, the the key is lie in the quantum, you know, understanding.

And so the key is just for clearing the blocks. It's just kind of an acronym for Interference Field. So I know you and I

both look at that, and that's really kind of like what is in the way for the body's ability to self-regulate, inhale, so those can be focal infections or scars, often existing infections.

And so we work with a biological dentist to get the amalgams out and root canals and computations. And then we also look at, you know, areas of, you know, chronic persistent reservoirs of infection that the body hasn't cleared, like the tonsils and the sinuses are you and I both lecture on that a lot.

And then scars you know how scars can interrupt the facial network in the facial communication, and they can also have facial memory that can block the flow of energy in the flow of just as much as, you know, mercury in the tissue.

So, you know, looking at all of that and that and optimizing flow, which is all about, you know, my naturopathy principles of lymphatic drainage and, you know, supporting like the liver and bile and colon health and kidney health and the lungs and the skin and really setting the backdrop and in that way.

So we minimize her primary actions and really have the most kind of balanced way of, you know, having that equation as as we're moving things through the body, that the pathways are open so we don't create any traffic jams or discomfort as the body is healing and regenerating and repairing.

So that that's kind of like my sham of how I'm looking at the patient. And again, it's nonlinear. It's it's definitely like we're looking at all of these things and, you know, making sure that we're addressing all of this in order to heal from a chronic illness.

And I just love it, you know, like the optimize flow. Like, it's so funny because we both talk about the lymphatic system and brain detox. Everybody wants the best brain detox supplement.

I'm like, well, what about called the thing called sleep? Yeah, yeah. Optimizing the actual physiology of how this works. And then the drainage you mentioned through the nose and the neck.

But it's interesting, too, because I know a lot of folks are using your lymphatic drainage products and stuff who work with me and they're like, It's remarkable. But I'm like, Wait a second.

So rather than just give you a supplement that overloads the pathway, why don't we just make sure that the drain is actually open before we try to dump more in it?

Yeah. Yeah, absolutely. And you know, I'm so glad that you still know, like the hands on Osteopathic Techniques, because I think there's, you know, between our natural therapies and our acupuncture and our osteopathic and our cranial sacral work and, you know, all the things that are really these wonderful hands on healing tools.

We also support the body, you know, in opening the pathways, right, and opening the flow. So the lymphatic system, you know, can drain as well as possible.

And, you know, sleep can be restorative. But yeah, sleep. I'm actually doing the lecture for my community in a few hours about sleep and electric smog, you know, so I'm right there with you and then it's like a chicken or the egg, right?

You know, everybody in the sleep are like, oh my gosh, we're in the soup of things that affects everyone. Sleep too. So we have to look at it from all the angles, you know.

When you talk about self-healing, which is near and dear to my heart, I just do everything I do is like I'm a catalyst. Like, where does the body need my help?

Let me push it over the edge a little and then let it do the work. And one of the places that I find that people either don't know about or are scared about because like, is this quantum conversation because you can all catalyze stuff there.

And so a lot of people, when I talk to them, they're like, is this science, is this spirituality or religion? Because I do some of it. I don't do the other.

And you know, what does this quantum healing mean to you? And like, how is this kind of come into your world in your work for helping people optimize healing?

Yeah. Yeah, absolutely. And you know, the quantum world I used to like shy away from. And now I'm just like fully embracing. I feel like Quantum is back.

We're allowed to say it, and it's not too woo woo anymore, you know, just because of all the science that's emerging. And so, you know, I think the the the key aspects when we look at the quantum by, you know, looking at our lens through quantum biology and through this concept that that, you know, space is not a vacuum, but a highly interconnected, you know, field of energy and potential is that the quantum allows us to look at the high interconnection within the body between the each of us, between the field and us.

And it allows us to look through a lens also through how thoughts and emotions and connection really impact us. You know, in a way, more than we have ever known and how powerful, you know, we all are, you know, that we're again not privy to if, you know, we don't get this education in school, right?

You have to really seek it out. And then you feel like kind of like a totally esoteric fringe person for a while and then you realize you're ahead of the curve.

And this is really, you know, the future of medicine. And, you know, so when I think about it, I mean, in my own experience, you know, again, looking at quantum physics and principles, there is this idea of the observer effect.

So the more you know about these principles, the more they actually show up in your life and the better that they work. So there is kind of that cool thing about it.

And then the other part of it is like this is the, you know, I always try to, you know, approach each patient am I like integrating these principles? Is there, you know, like sound frequency, vibration, you know, connection, group healing in their protocols?

Have I given them that information? So it's that marriage, you know, we're not throwing away our integrative tools or naturopathy medicine. We're but we're truly, you know, marrying this and bridging that gap and how it showed up in my life is two fold.

Time is meditation. So the impact of mass depletion of the human body and how when we are in these stages of what we call heartbreak here, we are more aligned energetically.

Our body and our physiology actually is in the more healing and harmonious state, and we are able to access information from something outside ourselves.

And I call that the feel and that usually tends to good things right inside, you know, a feeling of peace, you know, getting into parasympathetic, a feeling of relaxation in the body.

You know, a feeling of like really where healing can happen. So that's, you know, one aspect. Another aspect is through the idea of group healing. So I've studied the work of Linda McTaggart also dispenser, and there are these kind of melded, you know, ideas of like if we intend, especially for another.

So this idea when we have a group situation where a collective group of people get together intending for the health of another person, that's when everybody has an exponential experience.

Right. And then Doctor Who spends it kind of infuses it. Like not only getting a group to intend for another, but really you get an aligned group, one who knows how to get into a coherent state and be a vessel for, you know, the energy from the field and direct it to another.

And they don't have to be present in this can be over or in person. And, you know, the results are pretty much the same that we see like miraculous things, right?

It's like, again, the land of the miraculous rather than, you know, what we're used to. And so which I want it to be normal, you know, I want to see my lifetime.

We just expect miracles, you know, like, that's our norm. So what I've seen, you know, one of the things I have that I've had those experiences with my own life, you know, I had brain surgery and all that, and that's a whole other story.

But, you know, I did a lot of those things and I had a really packed, impactful result. And even my neurosurgeon made some comments that, you know, alluded to the fact that I was doing something different.

And he it was so obvious to him. Yeah, yeah. And so and then I had made a she's on my podcast if anybody wants to listen to the story. But I had a woman who came to her on stage, Hawkins I don't even treat cancer.

And she came to my office and one of my colleagues at the time did some integrative cancer work, but she was really the sickest person I've ever seen.

She, you know, collapsed lung, you know, edema everywhere, you know, hadn't taken, you know, tended to her cancer years. It got really aggressive and, you know, from a like a you know, anybody from like modern medicine lies is like she was on death's door terminal case.

Patient Stories, Community, and How to Connect

Right. So she goes through the process and does start taking care of herself and does, you know, start doing some treatments. But she really, you know, built these coherent feelings and she graduated out of hospice.

She completely we never even recognize her. Her cancer is she's not fully healed, but she's completely her lung is better. Her team is gone, her cancer is shrinking.

And sure, you could say, oh, the treatment finally worked, but it she wasn't even doing a lot of it, you know? And you know what what was so impactful that she taught me was her her mindset.

She thought hospice was just like a cool set of services, like not a not an end, you know? She was like, Oh, this is just like a convenient way to support me right now while I'm healing in my home, you know?

Like, so she didn't even, like, like that, you know, stop her. And then she would be receiving these feelings and she just got incrementally better. And so and so that's like a really beautiful story and, you know, sharing, like, I'm not just talking, you know, this is like, you know, stuff that I'm seen and, you know, I've started doing intervention circles in my practice and just, you know, giving patients that opportunity each week to work together.

And, you know, we've seen simple things as well. And so, you know, that's what I think. You know, when we talk about quantum physics, it's the it's the ability to connect with their inner power and the and the ability to connect with each other and support one another.

And I really think the clinics of the future and the future of medicine that I keep dreaming of is like we totally that's just comment. Like, you know, it's not just a support group, it's the healing circle.

You know, it's a healing circle where, you know, it's free, you know, and like, oh, my gosh, this work we get, I mean, it's so expensive. It is expensive to see doctors is expensive to do our medicine.

And I just keep on thinking, well, we this is all we got. So we got to change the paradigm. So we got to prove that this works and then the cost will go down.

But this world here that I'm talking about is free and accessible, and I think it's probably the most powerful medicine that we have. Just it is so amazing to me and, you know, the coincidences that happen in our lives and I talk a lot about my healing coincidences like, yeah, everyone that we've invited to speak on the summit has just gotten into the zone of what's in my heart and Dr.

Engel's heart for this whole thing. This is you were like literally everyone. We have not spoken about this. In fact, I was late because I got my time zone, screwed up with my travel.

And Doctor Christine is so nice to accommodate me in my first today that we had literally turned on the camera, hit record and did this with no prompting.

And literally this is the through line of the whole summit. Oh, like what you're saying is like what I love about talking about the spends is where to is.

I've been to some of his, you know, his retreats and he doesn't start with group healing. He starts with personal healing. And like you said, you're getting it coherent with your own heart, then with your community, then we can heal others.

And I'm so and like literally have my hair on my arms and my legs are standing. I think my back there is standing up right now because you hit the nail right on the head. Christine is like for me, it is about coming together with this hope and that's really what we want to do and say.

But there's also a lot of personal responsibility. But the way you just describe someone's personal responsibility in their own healing is like, Hey, I'm on hospice.

Cool. It's just like something to do while I'm healing. So I would love for all of you watching to take that. See the secret sauce and put it into your life.

So this has just been one of those, you know, most amazing conversations. And you and I can talk about we have talked about this for hours on end. So we're not going to do that.

I would assume that as you mentioned, your community, so many people listening to your message are going to want to be part of your community, hear more about your message.

How can they reach out to you and learn more about the eco method, how they can learn about this quantum healing from you? How thank you so much. And now I could ask to you and Darren for creating this field, right, for the summit.

And, you know, we're just all tapping into it and getting the message that's in your heart to share. So I'm I'm so grateful to participate and be part of that, you know, and and, you know, you know, online I have a website. Dr.

Christine Shoffner dot com I have a podcast. I'm on Instagram, I have a clinic I'm that's eminence health and eminence is a word that just like came to me.

I had no idea what it meant and it means to the divine within. And so that is really, you know, the principles that we try to practice and, you know, really share when we're doing the healing work that we do at that clinic.

So you can we do telemedicine and you can come find this in Seattle. We do a lot of fun things to help you shift and thank you for having me, Tom. You're very welcome, Christine.

And thank you for being part of this and resonating with our field. And, you know, that's a thing like when I first met you, I'm like, all right, this is the person I'm going to be in touch with a lot because together we can.

All the more we all resonate and shine our own light, we can shine that light to inspire others to shine their light. And then together we can heal each other and others.

So thank you so very, very much. It's such an honor. I'm so grateful to have you here. Oh, thank you. Thank you, Tom. It's always a pleasure. And I'm so grateful you're putting this summit out.

So thank you. You're so welcome. And thank you, everyone, so much. Gratitude and love to you. All these healing vibes. Let's get in this heart coherence together and do some quantum healing.

And I hope you're inspired. Check out Dr. Shoppers website and all of our contacts. We'll make sure that's all in the Summit Research page for you. And until next time, I'll sign off with this episode of The Healing from Lyme Disease Summit. I'm Dr. Tom Moorcroft.

And here's to your healing.